

Meeting the growing consumer and employee demands for increased health services on the job, the American Cancer Society Workplace Services program provides corporate tools and resources to initiate or enhance existing employee health and wellness services.

October 2003



Workplace Services

"Healthy Ideas For A Healthy Workplace"

BecauseWeCare

A workplace wellness message from your American Cancer Society

Motivation ...The Key To Success

Motivation, whether it be striving to be the best golfer at your club or the finest singer in your church choir, or professionally, driving you to excel in your company, is not something developed by happenstance.

As with all positive traits, self-motivation is something that is only acquired through determination and hard work. No venture ever comes to a successful completion without an individual being totally committed to and passionate about the project.

Tiger Woods didn't all of a sudden wake up one day to find himself with the ability to drive a golf ball 320 yards. It is obvious that the desire to be the best in his sport motivated him to spend countless hours on the driving range.

In the business world, motivation is the key to building a successful career or a company, whereas, the idea of "good enough" is often the recipe for mediocrity.

The following are some tips for developing a more motivated approach to your personal and business endeavors:

- Become passionate about whatever activity you are pursuing. It is easier to motivate yourself to go that extra mile if you love what you are doing.
- Forget about the mistakes of yesterday and the fears of what tomorrow may bring. Concern yourself with what you can accomplish today.
- Constructively encourage your employees, and develop goals and challenges for them.
- Encourage your employees to offer input about their assignments, giving them a sense of ownership regarding the outcome of their projects.
- Take the time to enjoy your successes – large and small. Once you finish a task, pat yourself on the back or treat yourself to a healthy lunch "for a job well done!"

In This Issue

- Motivation
- Mentoring
- Yummy "e"-recipe



click on this symbol throughout this e-newsletter for interactive simple solutions





Mentoring: A Prescription For Healthy Living In The Workplace And At Home

Mentoring, by its very definition, allows an individual to utilize his or her talents, experiences and abilities to assist another. The following are some of the benefits of mentoring:

- You're telling your employees that you care about their health and growth, both personally and professionally.
- A long-term mentoring program offers employees the security that they will have someone to talk to whenever a need arises.
- A mentor typically speaks from his or her own experiences, making any advice they give more relevant.

A Mentor is a:

GUIDE – Take a group of friends on your favorite walk in the woods and teach them all about the animals. Or take a birding book and a pair of binoculars and look for your state bird.

TUTOR – If you know a foreign language, you can tutor someone who is taking a trip to that country.

TEACHER – Your Aunt Betty taught you how to crochet that blanket, now you can teach a group of co-workers or friends how to make one of those fashionable scarves, just for those fall days.

Sweat For A Cause

Here are some easy ways to burn a few calories while making a difference in your hometown. Ask your family and friends to join you.

- Consider building homes for the disadvantaged
- Help an elderly neighbor with yard work
- Tidy up a local school
- Coach a local youth sports team or volunteer at a youth camp
- Participate in local charity walks or runs



ACTIVITY FOR THIRTY MINUTES	Walk	180	CALORIES BURNED
	Run	324	
	Bicycling	288	
	Carpentry	126	
	Construction	198	
	Painting	162	
	Yardwork	167	
	Moving boxes	252	
	Basketball	288	
	Swimming	216	
	Bowling	108	

Multiply the calories by two to find out how many more calories you would burn during 60 minutes of activity.



Click here to see how you can help your American Cancer Society or visit a search engine to find other worthy causes.

Learning is finding out that you already know. Doing is demonstrating that you know it. Teaching is reminding others that they know just as well as you. You are all learners, doers, and teachers.

-Richard Bach

Basic Ingredients For A Healthy Kitchen

The first step to cooking healthy is to stock your kitchen with a variety of foods that you can throw together for healthy meals in a hurry. Keep these foods on hand for fast meals on busy nights.



- Beans: black, pinto, kidney, chick peas, fat-free refried
- Other grains: couscous, orzo, cornmeal
- Canned vegetables: mixed vegetables, green beans, mushrooms, other favorites
- Canned and dried fruits: applesauce, peaches, pineapple, raisins, cranberries
- Soups: Low-fat canned soups, broth and bouillon
- Meats: canned tuna in water, minced clams, and chicken
- Peanut butter
- Fruits and vegetables
- Reduced-fat or fat-free milk and yogurt
- Tortillas
- Eggs
- Sauces – worchestershire, soy, chili, catsup, and mustard
- Frozen fruits, vegetables, and 100% juices
- Breads: whole grain, dinner rolls, English muffins, bagels
- Meats: chicken breast, ground turkey breast, extra lean hamburger
- Fish: red snapper, salmon, orange roughy, cod, flounder

Healthy Meals In A Hurry

Try these quick entrees put together from the shopping list for when you're hungry and in a hurry:

- Make English muffin pizzas using pizza sauce and reduced-fat mozzarella cheese and then top it with your favorite vegetables.
- Top parmesan-flavored couscous with cooked chopped chicken and vegetables.
- Top linguini with marinara sauce and minced clams.
- Top mixed salad greens with pasta and cubed reduced-fat cheese.
- Make quick and easy chili with extra-lean ground beef or ground turkey breast, canned kidney beans, tomato sauce, chopped onion, canned chopped tomatoes, and chili seasoning packet.
- Top mini bagels with peanut butter or low-fat cheese and an apple.
- Stuff tortillas with canned black beans, lettuce, salsa, reduced-fat shredded cheddar cheese, and sour cream.
- Microwave a potato and top with broccoli, cauliflower, and reduced-fat cheese.

Early Detection Saves Lives



Click here to find more about:

- Important guidelines
- What you should know about your family history
- All you need to know about mammograms
- Talking with your doctor
- What's new in research & treatments
- How you can help

Did you know that October is Breast Cancer Awareness Month?



Pumpkin Oat Muffins

6 cups oat cereal flakes
2 teaspoons salt
1 cup sugar
5 cups whole-wheat flour
5 teaspoons baking soda
1 tablespoon dried ground ginger
1 tablespoon cinnamon
1 cup golden raisins
2 eggs, beaten
1 15-ounce can pumpkin
2 teaspoons vanilla
1 quart low-fat buttermilk
¾ cup canola oil
Paper muffin cups

Preheat oven to 400 F. Line 3 muffin pans with paper muffin cups. In a large bowl, mix together cereal, salt, sugar, flour, baking soda, ginger, and cinnamon. Stir in raisins. In a separate bowl, combine eggs, pumpkin, vanilla, buttermilk, and oil. Stir until blended. Mix wet ingredients with dry until batter just holds together. Do not overmix. Spoon batter into muffin cups (about 2/3 full). Bake for 17 minutes.

Makes 40 muffins.
Any leftover Pumpkin Oat Muffins freeze well.
158 calories; 5 grams of fat per serving.

The Pumpkin



Pumpkins are fruit. Pumpkins range in size from less than a pound to over 1,000 pounds.

History: The name originated from “pepon” – the Greek word for “large melon.” In colonial times, Native Americans roasted long strips of pumpkin in an open fire and used dried strips of pumpkin to weave into mats.

Nutrition information: The pumpkin is loaded with beta-carotene, an important antioxidant; it is also a good source of potassium.

Fun fact: The origin of pumpkin pie occurred when colonists sliced off the pumpkin top, removed the seeds, and filled the insides with milk, spices and honey. The pumpkin was then baked in hot ashes.



For more healthy recipes click here to order your copy of the *American Cancer Society Celebrate Cookbook*.

In the August 2003 edition of BecauseWeCare, there was an error in the e-recipe for Dill Cucumber Dip. The correct amount of lemon juice that should be used in the recipe is 1/4 cup, not 1/2 cup.

November Preview

- Myths and Facts
- Entertaining
- Inviting “e”-recipe

All content for BecauseWeCare is provided by the American Cancer Society.

For more information contained in this newsletter, to sign up for the newsletter or to find out more about the American Cancer Society programs, services and upcoming events please call 1.800.ACS.2345 or visit www.cancer.org

Time To Carve ‘Em Up

Whether they’re scary, goofy, elaborate or simple, jack-o-lanterns are the icons of Halloween fun. Here are some tips for getting the most out of your gourd:

Be prepared for a mess.

Line cutting surfaces with plastic and newspaper and have plastic-lined trash cans ready for the pumpkin innards.

Connecticut Field, Howden and Baby Bear varieties of pumpkins are good bets for carving. Let little kids decorate their own pumpkins with stickers or markers.



When carving, keep a portion of the knife blade in the pumpkin and use slow, steady saw strokes. To prolong the life of a jack-o-lantern, seal in moisture by coating all cut surfaces with petroleum jelly or vegetable oil, or cover it with a damp towel when not on display.